

Red Lentil Latkes

Makes: 4 Servings

Ingredients

- 1/2 cup** dry red lentils
- 1** potato, medium grated (about 1/2 pound, peeling is optional)
- 1** large egg
- 1** garlic clove, finely sliced
- 2 tablespoons** Parmesan cheese, grated or other cheese (optional)
- 1 dash** hot sauce (1-2 dashes, optional)
- 1/4 teaspoon** salt
- black pepper (to taste, optional)
- 2 tablespoons** canola oil (or olive oil, for cooking)

Directions

1. Add the lentils to a medium saucepan and add water to cover by about an inch. Bring to a boil, then lower heat to a simmer and cook until tender, about 15 minutes. Drain and set aside.
2. Meanwhile, remove the excess water from the potato: you can either squeeze it by the handful, or put the entire pile on a clean tea towel and wring it out.
3. Crack the egg in a medium bowl and beat it lightly. Add the potato, cooked lentils, garlic, green onion, and cheese and hot sauce if you're using them in a medium bowl. Add the salt and a good grinding of black pepper, and stir until combined.
4. Heat a large skillet over medium heat, then add a generous drizzle of oil (1-2 Tablespoons). Working in batches, so as not to crowd the pan, add clumps of the potato-lentil mixture (about the size of a golf ball or slightly larger works well), and flatten each as soon as it's in the pan, making them about a half inch thick.
5. Cook for about 4-5 minutes per side, until the latkes are

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	9 g	
Carbohydrates	21 g	7%
Dietary Fiber	6 g	24%
Saturated Fat	NA	
Sodium	NA	

deeply golden brown and cooked through. Add a little more oil to the pan for each additional batch. Serve immediately or keep the latkes warm in a 200°F oven for up to an hour.

Canadian Lentils. The Big Book of Lentils Cookbook. Visit Web site